

Mayo Clinic Minute: Are the yips just nerves or something more?

VIDEO	AUDIO
Jason	Drive for show.
Jason	Putt for dough.
Jason	But when lining up that winning shot, it can be a golfer's greatest fear — a sudden case of the yips.
Charles Adler, M.D., Ph.D. Neurology Mayo Clinic	"The yips is a description given by people who golf of a twitch, or a jerk or involuntary movement when usually putting."
Jason	In many cases, the yips is thought to be psychological. A golfer under pressure experiencing performance anxiety is usually par for the course. But there are others that likely have a neurologic problem.
Dr. Adler	"We call it 'dystonia' or 'tremor.' It's an involuntary movement disorder. So only when performing a golf movement, such as moving the putter, does the involuntary movement come out."
Jason	Neurologist Dr. Charles Adler is teeing up the topic as lead author of a Mayo Clinic study on the yips, which could offer athletes improved treatment options.
Dr. Adler	"It's our belief that treatment is going to be different for people who have a neurologic cause and a nonneurologic cause."
Jason	Dr. Adler says more research is needed with the hope of finding specific treatment options to overcome the yips. And that would be a hole in one for every golfer on the green.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.